

Demonstration University

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Your Pattern

You drink 73.1 standard drinks per month.

In a typical week you drink 17 standard drinks.

Health, social and academic problems can occur when people drink too much. Current research indicates that adult men who drink five (5) or more standard drinks and adult women who drink four (4) or more standard drinks on any given day within a two-week period are at higher risk for these types of problems.

How do you compare to other US women?

95.3% of American women drink less than you in a typical week.



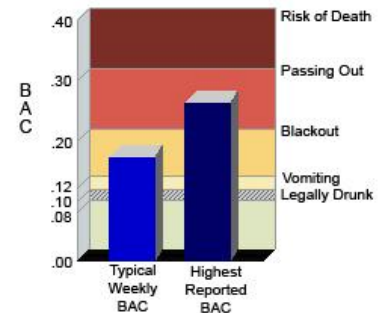
This tells you what percent of US women drink less than you in a *typical week*. This information was derived from the [National Epidemiologic Survey on Alcohol and Related Conditions](#) (NESARC) sponsored and conducted by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) in 2001-2002.

Your BAC Levels

YOUR Estimated highest Blood Alcohol Concentration during a typical week: 0.17%

YOUR Estimated highest Blood Alcohol Concentration during your heaviest drinking episode: 0.26%

Another way of looking at your drinking is to examine your peak level of intoxication. The unit used to express the amount of alcohol that is circulating in your blood stream is called Blood Alcohol Concentration (BAC).



BAC might be thought of as a thermometer, in that, the higher it is, the more intoxicated you are. Police and the courts, for example, use it to determine whether a driver is too impaired to operate a motor vehicle.

In California it is illegal to drive a vehicle if your level of intoxication (BAC) is .08% or above.

At this level judgment is impaired. People are more likely to do things they would not do while sober, and are unable to accurately judge their ability to drive safely. Definite impairment of driving ability and memory is also present.

If you are under 21, no level of intoxication is legal.

Disclaimer

The eCHECKUP TO GO provides **estimates** of your peak BAC levels based on your sex, weight, self-reported drinking, and calculations provided by the USA National Highway Traffic Safety Administration (NHTSA). A person's actual BAC is dependent on many complex factors such as the amount of water in your body, the rate at which you metabolize alcohol, and other biological factors.



Sobering Up

Once alcohol is in your bloodstream, there is nothing that you can do to speed up the process of elimination. In your case:

- With your typical weekly BAC of **0.17**, it would take **11 hours and 20 minutes** for your BAC to return to zero (0).
- With your highest reported BAC of **0.26**, it would take **17 hours and 20 minutes** for your BAC to return to zero (0).

Your body gets rid of alcohol at a relatively constant rate. However, that rate is not the same for everyone. Men and women, for example, typically metabolize alcohol at different rates. However, some things often believed to help a person sober up actually have **NO EFFECT ON BAC AT ALL**. They only give the person a false impression of feeling more awake and alert, creating what has been called a ";wide awake drunk.";

Things that DON'T work include:



Coffee and other stimulants



Exercise or a cold shower



Fruit juices or special concoctions

YOUR PERSONAL BAC CHART										
	1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs	7 hrs	8 hrs	9 hrs	10 hrs
10 drinks	0.37	0.35	0.34	0.32	0.31	0.29	0.28	0.26	0.25	0.23
9 drinks	0.33	0.31	0.30	0.28	0.27	0.25	0.24	0.22	0.21	0.19
8 drinks	0.29	0.27	0.26	0.24	0.23	0.21	0.20	0.18	0.17	0.15
7 drinks	0.25	0.24	0.22	0.21	0.19	0.18	0.16	0.15	0.13	0.12
6 drinks	0.21	0.20	0.18	0.17	0.15	0.14	0.12	0.11	0.09	0.08
5 drinks	0.18	0.16	0.15	0.13	0.12	0.10	0.09	0.07	0.06	0.04
4 drinks	0.14	0.12	0.11	0.09	0.08	0.06	0.05	0.03	0.02	0
3 drinks	0.10	0.08	0.07	0.05	0.04	0.02	0.01	0	0	0
2 drinks	0.06	0.05	0.03	0.02	0	0	0	0	0	0
1 drink	0.02	0.01	0	0	0	0	0	0	0	0

Disclaimer:

It may take you longer to process alcohol than reported in the Alcohol eCHECKUP TO GO program. This information is meant for educational purposes only and should not be used to as a guide to determine when it is safe for you to drive or perform other activities.



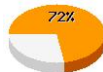
The Cost to You

Per YEAR

You spend about **\$5160 per year** on alcohol and/or cigarettes, which means you spend about **71.7%** of your spending money on alcohol and/or cigarettes.



You spend about **\$5200 (71.7%)** on **alcohol**.



You spend about **\$0 (0%)** on **cigarettes**.



Spend your money on what you choose:

By way of comparison, the amount of money you spend on alcohol and/or cigarettes would be enough to:

Buy about **5212 music downloads**



Pay your cell phone bills for **103.2 months**



Pay your rent for **8.6 months**



Physical Costs



How many cheeseburgers did you *drink* last month?

Each standard drink also contains approximately 100 to 140 calories. Given the number and types of drinks you reported drinking, in ONE month you drank about **6140.4 calories**, or the equivalent of **18 cheeseburgers**.

If you ran at a pace of 6 miles per hour (a 10-minute mile) you would have to run for **11 hours and 17 minutes** to burn off all of the calories you accumulated from drinking alcohol.

Alcohol & Physical Performance



Alcohol takes effect more quickly when mixed with carbonated/cafeinated beverages or mixers.

You said: **TRUE**

Answer: **TRUE**

Drinking alcohol in combination with carbonated beverages can increase the speed at which your body absorbs alcohol. Carbonated drinks tend to irritate the lining of the stomach and *increase the rate* of alcohol absorption. Mixing caffeine and alcohol *does not reduce the effects* of alcohol intoxication.

Mixing caffeine with alcohol also increases the risk of *heart rhythm problems*. High levels of caffeine can increase your heart rate and blood pressure and cause heart palpitations. Also, like alcohol, caffeine is a diuretic, and mixing the two increases the *risk of dehydration*.



The body uses the calories in alcohol as a source of energy in the same way it uses the calories in other kinds of food.

You said: **TRUE**

Answer: **FALSE**



Alcohol is metabolized by the liver into an acetate that can be used as a source of energy. *However*, alcohol holds very little nutritional value and the acetate from alcohol is used immediately and **cannot be stored** for future energy use. Because your body uses the fuel from alcohol before it uses fats and carbohydrates, you may not metabolize (burn) the fats and carbohydrates you would normally. This may **increase** the amount of **fat** in your body.



Drinking alcohol has little or no effect on the body's ability to build muscle strength.

You said: **FALSE**

Answer: **FALSE**

Alcohol has **significant negative effects** on your ability to build muscle. Consuming alcohol after exercise can cancel out any physiological gains. Not only does long-term alcohol use **weaken protein production** resulting in a decrease in muscle build-up, even short-term alcohol use (e.g., a Saturday night binge) can **impede muscle growth**.



Alcohol does not interfere with muscle recovery and healing.

You said: **FALSE**

Answer: **FALSE**

Alcohol use prevents muscle recovery. In order to build bigger and stronger muscles, your body needs sleep and chemicals and hormones such as Testosterone to repair themselves after a workout. Alcohol use can cause disturbances in your sleep patterns and can decrease the secretion of these chemicals by as much as 70 percent! Also, alcohol triggers the production of a substance in your liver that is directly toxic to testosterone, **further reducing your body's ability to build muscle**.



Mixing alcohol and energy drinks (like Sparkx(r), Red Bull(r), Monster(r), Rock Star(r), etc.) does not increase the risk of alcohol related consequences.

You said: **FALSE**

Answer: **FALSE**

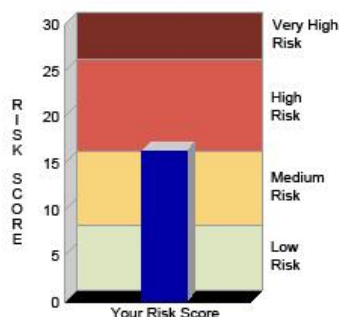
Recent research has shown that individuals who mix alcohol with energy drinks are more likely to suffer alcohol related consequences. These individuals were **more likely** to be hurt or injured, require medical attention and were even more likely to ride with a driver who was under the influence of alcohol. People who mixed alcohol and energy drinks were also more likely to be taken advantage of sexually or to sexually take advantage of someone else.



Personal Risk Factors

There are several factors that may indicate your overall risk of developing alcohol-related problems. While there is no way to definitively predict whether a person will be harmed by alcohol or develop alcohol dependence, "high-risk" areas are areas to which you may want to give additional consideration in the future.

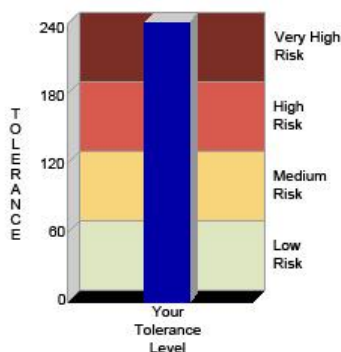
Risk Score



Based on your responses, your risk of having alcohol related problems or developing dependence is **high**.

Past consequences are a reliable predictor of risk for future alcohol problems. Higher scores mean that, compared to other people, more harm has resulted from your drinking and that you are at greater risk for future alcohol problems.

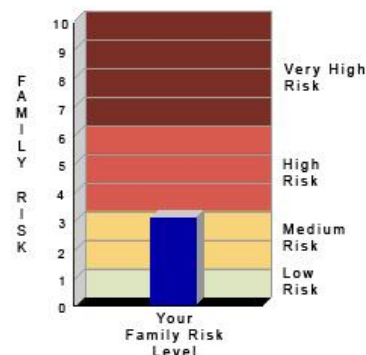
Tolerance Level



Misperceptions about tolerance include the common belief that people who can "hold their liquor" are not being affected by alcohol, or that those with a high tolerance are processing alcohol at a faster rate.

People who have a higher tolerance are at greater risk for alcohol problems. They also tend to experience fewer stimulating effects and greater depressant effects when drinking.

Family Risk



People with a history of alcohol or drug problems among their blood relatives are at higher risk themselves. The more relatives with alcohol problems you have, the higher *your* risk for problems with alcohol.

Your risk increases if your relatives with alcohol problems are the same gender and/or are more closely related.

Your score is calculated based on the NIAAA's [Project MATCH](#) criteria.

Blackout Risk

One early warning sign of developing abuse or dependence is the presence of alcohol "**blackouts**" - an inability to remember things that occurred while drinking.

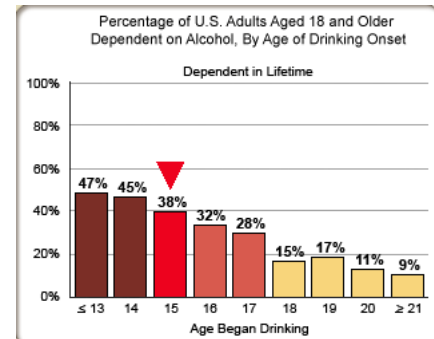
Your reported BAC levels are high enough to suggest that you should be experiencing alcohol blackouts. If you are not experiencing blackouts, you may have developed an increased tolerance to alcohol. An increased tolerance to alcohol can also increase your risk for future negative consequences.



Early alcohol users are more likely to be alcohol dependent

More than one-third (38%) of persons who began drinking at age 15 were **alcohol dependent** at some point in their lifetime.

You said that you began drinking alcohol at age 15. In an analysis of data from the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC), early alcohol users were more likely to develop alcohol dependence at a later age. Nearly one-half (47%) of persons who began drinking before age 14 were alcohol dependent at some point in their lifetime, and 13% were dependent in the past year, compared to 9% and 2%, respectively, of those who began drinking after age 20.



While it is not yet known if drinking at an early age actually causes later alcohol problems, there is a clear relationship between early alcohol use and later alcohol problems and dependency. **These data suggest that delaying drinking may reduce the risk of later alcohol problems and dependency.**

Drinking and Driving

Alcohol-related accidents and violence are the leading cause of death for Americans under the age of 35. When you drive after drinking (or ride with a driver who has been drinking), you greatly increase your risk for alcohol-related injuries or legal problems.

You reported that you did not drive in the past month after having 3 or more drinks.

You also reported that, in the past month, **you rode 4 times** with a driver who drank 3 or more drinks. It is very likely that **your driver was driving while intoxicated.**

The chart below shows the risks of fatal crashes when drinking compared to sober drivers. Remember, your self-reported highest BAC level was **0.26%**.

If You Drive With a BAC in This Range:	Your Chances of Being Killed in a Single-Vehicle Crash Are:
0.02-0.04	1.4 times more likely
0.05-0.09	11 times more likely
0.10-0.14	48 times more likely
0.15 and above	380 times more likely

Before you drink, consider planning a safer way to get home:

- Arrange for a sober driver before you drink
- Call a taxi - Cab fare is cheaper than a D.W.I. (aka D.U.I.)
- Call a sober friend or family member and ask for a ride

Sexual Risk

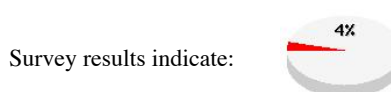


One area of risk taking that is especially relevant is sexual risk. When intoxicated, people are more likely to do things they would never do when sober, including not using condoms, having sex with someone they would not have otherwise chosen, or committing acquaintance rape or becoming a victim of sexual violence. Alcohol is associated more closely with crimes of sexual violence than any other drug (CASA, 1999).

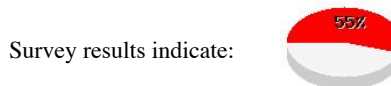
In a study by SAMHSA, heavy drinkers between the ages of 18-25 were more than twice as likely to contract a sexually transmitted infection in the past year than young adults who abstained from alcohol.

How Does Your Alcohol Use Compare?

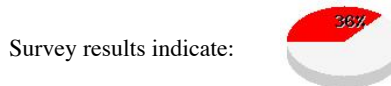
What percent of US College Students *drink MORE* than you in a typical week?



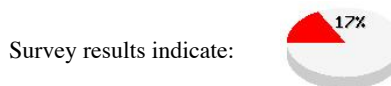
What percent of Demonstration Version students have two drinks or less in a TYPICAL WEEK?



What percent of Demonstration Version students do not drink at all in a TYPICAL WEEK?



What percent of Demonstration Version students smoke marijuana AT LEAST ONCE A MONTH?



Were your guesses off?

You're not alone. Several studies have shown that members of the campus community (including faculty and staff) tend to **overestimate** the number of students who drink heavily and use other drugs.

The national drinking information is based on the anonymous survey responses of 70,829 students from multiple two- and four-year institutions to the 2006 CORE Survey, conducted by the [CORE Institute](#).

The SDSU information is based on the responses of SDSU students to an anonymous telephone survey conducted during Spring 2007.



Tobacco Use

Most people are aware of the addictive nature of nicotine and the risk for disease associated with cigarettes and tobacco.

What people may *not* know is that **the combination of tobacco and alcohol exponentially increases the risk for oral, neck, and stomach cancers**. While drinking alcohol may increase smoking, the reverse may also be true - smoking often leads to increased drinking.

Those who choose to smoke should be aware of the impact of passive smoke on others, especially children. Passive smoking refers to those who are exposed to environmental (second-hand) tobacco smoke. Passive smoke accounts for an estimated 53,000 deaths per year in the United States among non-smokers -- *more than the death rates for illegal drug use and murders combined!* Those concerned about the effects of second-hand smoke should limit their exposure, and that may include avoiding drinking and drinking environments.

In a typical MONTH, you smoke: **0 cigarettes**.

You have smoked for: **0 years**.

In your LIFETIME, you have smoked about: **0 cigarettes**.

You spend about \$0 (0%) of your spending money on **cigarettes**.



My Goals & Aspirations

When it comes to my HEALTH AND FITNESS

It is important to me to:

Spend more time at the gym, exercising or playing sports
 Spend more time practicing meditation or yoga

Feel relaxed

To meet my health and fitness goals, I could decrease or do away with:

Feeling stressed
 Feeling tired, groggy, or unmotivated because I have been drinking

Being hung-over or feeling sick because I have been drinking
 Forgetting/blacking out as a result of my drinking

To discuss my health and fitness, I could contact:

Aztec Recreation Center & Aquaplex
 1 (619) 594-7529
<http://arc.sdsu.edu/>

Student Health Services
 1 (619) 594-5281
<http://shs.sdsu.edu/>



When it comes to my RELATIONSHIPS**It is important to me to:**

Feel more comfortable talking to people
Feel like I belong and am a part of the group
Have fun with friends

Feel more spontaneous
Express my feelings more openly

To meet my relationships goals, I could decrease or do away with:

Others being concerned about my drinking, or suggesting I cut down
Having problems with my friends or family because I have been drinking

Having problems with my boyfriend/girlfriend/partner because I have been drinking
Disappointing or hurting others because I have been drinking

To discuss my personal relationships and communication skills, I could contact:

Counseling & Psychological Services
1 (619) 594-5220
<http://www.sdsu.edu/cps/>

When it comes to my CAREER & LIFE GOALS**It is important to me to:**

Spend more time studying
Spend more time talking with my professors

Become more productive and get things done

To meet my career & life goals goals, I could decrease or do away with:

Failing to do what was normally expected from me because of drinking
Doing poorly on a test or school project because I have been drinking
Going to class under the influence of alcohol

Missing classes because I have been drinking
Getting into trouble with the police or authorities because I have been drinking
Spending more money than I have planned because I have been drinking

To discuss my career & life goals, I could contact:

Career Services
1 (619) 594-6851
<http://career.sdsu.edu/>

Student Life & Leadership
1 (619) 594-5221
<http://www.sa.sdsu.edu/studentlife/>



When it comes to my SELF-ESTEEM

It is important to me to:

Feel more confident

To meet my self-esteem goals, I could decrease or do away with:

Personal problems or conflicts that are bothering me
 Feeling nervous or afraid
 Using alcohol to avoid problems
 Procrastinating or not getting things done because I
 have been drinking

Feeling bad about myself because I have been drinking
 Doing things I later regret because I have been drinking
 Feeling guilty or remorseful after drinking
 Drinking more alcohol than I plan to when drinking

To discuss my self esteem and create a healthier lifestyle, I could contact:

Counseling & Psychological Services
 1 (619) 594-5220
<http://www.sdsu.edu/cps/>

Making a Change

On a scale of 1 to 10:

- You rated the **importance** of making a change in your personal use of alcohol as a: **2**
- You rated your **confidence** in your ability to make any change in your personal use of alcohol as a: **3**



You indicated that it is not highly important for you to change your alcohol use at this time, and you are not sure that you could quit even if you wanted to. People in your situation often find it helpful to consider additional information about alcohol use and abuse to determine if a change might be worthwhile. Each person is different, but when individuals choose to cut down or quit, they commonly report increased energy and more time for other activities.

The first stage in making any change to your alcohol use is to become aware of your use patterns and the possible effects they may have. By completing the Alcohol eCHECKUP TO GO, you've already reached this stage.

Your First Steps:

If you were to make a change in your alcohol use, you thought your first step(s) could be to:

- Avoid drinking games
- Space my drinks over time
- Set a limit on the number of alcoholic drinks before I start drinking
- Keep track of how many drinks I have had; pay attention to serving sizes.
- Decide which days I will not drink alcohol



- Avoid shots/hard liquor
- Drink slowly; sip my drinks
- Avoid mixing energy drinks/caffeinated drinks and alcohol

Resources

Campus & Community Resources

If you would like to talk with someone about your eCHECKUP TO GO profile and/or discuss personal goals that are important to you, please contact:

Counseling & Psychological Services
www.sa.sdsu.edu/cps/
619-594-5220

In an emergency, if you are concerned about your health or safety or that of a friend, family member or anyone in our SDSU community, please contact:

24 Hour Crisis & Information Hotline
800-479-3339

University Police
619-594-1991

Helping a Friend...What to look for, who to talk with:

www.sa.sdsu.edu/cps/helping_a_friend.html

Support & Information

Smart Recovery

Online and face-to-face mutual help groups
www.smartrecovery.org

Alcoholics Anonymous (AA)

Small support groups for people who want to stop drinking
www.aa.org

Marijuana Anonymous

Small support groups for people who want to stop using marijuana
www.marijuana-anonymous.org

Give yourself an eCHECKUP TO GO from time to time

Like checking your cholesterol, BMI or blood pressure, you can take the eCHECKUP TO GO from time to time to see how your current use of alcohol and/or marijuana has changed or if it may be hindering you from getting from where you are to where you want to be.





You can take the eCHECKUP **anytime** you want...**as many times** as you want.

